

REST, RECOVERY AND THE ATHLETE

WHY ARE REST AND RECOVERY IMPORTANT?

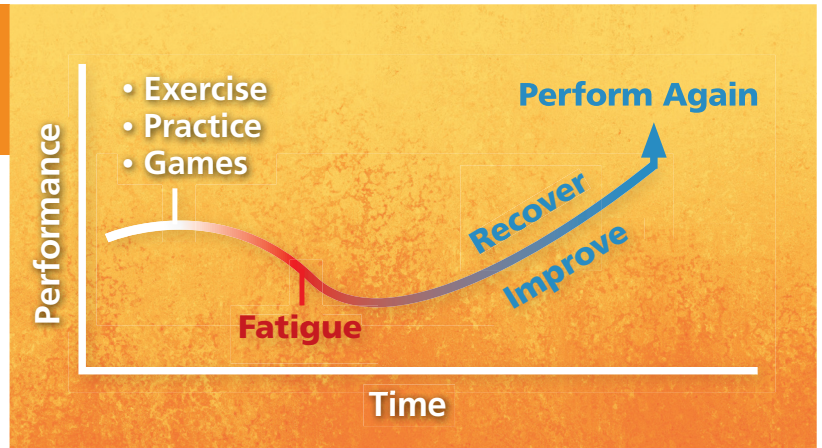
- After you exercise, practice, or compete, your body will fatigue and need time to boost your energy back up. The rest and recovery process is when your body heals, repairs and refuels itself.
- Fatigue is the enemy of performance, both on the field and off. Getting enough rest and recovery helps the athlete keep fatigue in check.
- Focusing on rest and recovery after activities will not only help improve performance, it will also help reduce risk of injuries.

KEY CONCEPTS OF REST AND RECOVERY

Rest and recovery should be part of your weekly schedule with regular days off, as well as days of lighter activity among days of harder activities.

• Proper hydration, nutrition, sleep and stress management are essential to help manage your recovery. They contribute to overall well-being.

• Keeping active year-round in a variety of ways helps your body stay resilient in season. Enjoy multiple sports or activities and find other ways to keep active.



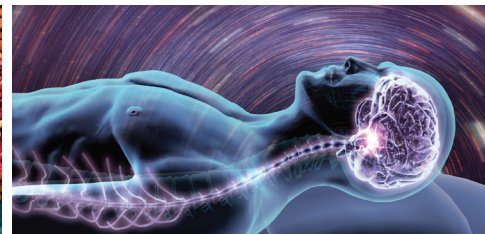
HYDRATION

- Replenish fluids by drinking 20-24 oz of water for every 1 lb of body weight lost during activity.
- Keep track of your urine color: Darker yellow urine usually means you are dehydrated.
- Well-balanced meals aid hydration, so eat fresh fruits and green veggies.



NUTRITION

- Have a light snack or drink within 30-45 minutes after your activity.
- Be sure to meet your specific caloric needs each day.
- Consuming real food makes a difference! Emphasize fresh fruits, veggies, meats or dairy as opposed to packaged foods or supplements.



SLEEP

- Athletes should aim to get at least nine hours of quality sleep each night.
- Short naps after heavy exercise can help boost recovery as well.
- Keep to a schedule of getting enough quality sleep – weekends are no exception!



STRESS MANAGEMENT

- Create a calendar or schedule for important things like meals, school work and sleep.
- Make a manageable “to-do” list to stay on track.
- Modify your environment to help stay focused. Remove yourself from distractions.

HOW PROVIDENCE CAN HELP

Providence Sports Medicine offers 7-day-a-week access to sports medicine experts who can help you. Schedule an appointment by calling **503-29-SPORT**.

To learn more about Providence Sports Medicine, visit ProvidenceOregon.org/sportsmedicine

